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ABSTRACT

The purpose of this workbook is to assist women abuse survivors in creating and directing their own vocational plans wherever these efforts may lead. The book is intended to be a part of the abuse recovery process and can be used by professionals working with abuse survivors or by individuals on their own. The book is divided into three sections. Section 1, "The Tools--Gathering the Words of Power," includes: (1) "Introduction"; (2) "Glossary of Terms"; (3) "Naming the Trauma"; (4) "Reclaiming My Innocent Body"; and (5) "Overcoming Verbal-Emotional Abuse." Section 2, "The Process--Moving through the Flower," contains: (1) "Introduction"; (2) "Making Your Work Visible"; (3) "Analyzing, Respecting, and Celebrating Your Work"; and (4) "Understanding Your Vocational Impairment." Section 3, "The Plan--Re-weaving Your Own Life and Work," includes: (1) "Introduction"; (2) "Making the Frame"; (3) "Stretching the Self"; and (4) "Weaving a Life." Contains references and suggested readings. (EH)

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